

TOMOMI BITOH

Professional Runner / Running Coach

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In October 2021, I achieved the feat of being the overall women's runner-up on the Marathon Des Sables, one of the toughest marathons in the world.

Furthermore, in April 2023, I won my second Sahara Marathon, finishing third overall in the women's race, making her the second consecutive podium.

In February 2025, I was the first Japanese woman to participate in World Marathon Challenge and achieved the overall women's runner-up.

In addition, I broke the world record (5 days, 19 hours and 7 minutes) in the time to complete 7 full marathons on 7 different continents in the race.

In 2024, I was the overall women's runner-up in the Ultra Race Romania (250 km) and the overall women's champion in the Ultra Bolivia Race (4000 m altitude, 220 km) held in Salar de Uyuni, Bolivia.

In December 2021, I represented Japan in the SPARTAN RACE, one of the world's largest and most prestigious obstacle races. In August 2022, I became the first Japanese woman to win the overall women's title at the SPARTAN RACE ULTRA 50K ERITE held in Honolulu. Additionally, in June 2023, I got female overall champion Ultra 50K ERITE held in Mont-Tremblant.

Marathon personal bests are 2 hours 59 minutes 24 seconds for full and 1 hour 26 minutes 33 seconds for half.

My motto is **SEIZE YOUR DREAM**. I convey the importance of a healthy body and the joy of being able to take on challenges.

Operate online community salon [TOMO RUN FAMILY] - **SEIZE YOUR DREAM** -. TOMOMI CHALLENGER Channel in Youtube.



Personal History

【Achievements】

● 2026

February: Southern Lake Ultra female overall champion

February: Trans Sahara Marathon overall 3rd place

1月: The MDS Atlantic Coast female overall 2nd place

● 2025年

11月: Ultra Africa Race female overall champion

9月: Grand To Grand Ultra female overall 2nd place

6月: The MDS Cappadocia female overall champion

5月: The Track Australia female overall champion

4月 MARATHON DES SABLES(サハラ砂漠250kmマラソン) 女性総合3位入賞

2月 World Marathon Challenge 295km 女子総合準優勝

○February: World Marathon Challenge(295km) female overall 2nd place

● 2024

○September: Ultra Bolivia Race (220km) female overall champion

○August: Ultra Race Romania (250km) female overall 2nd place

○March: Trans Sahara Marathon (150km) female overall champion

○February: Bekkai Ice Marathon female overall 2nd place

● 2023

○August: Mongolian Trail Run 2023 female overall champion

○April: MARATHON DES SABLES (Sahara Desert 250 km marathon): Overall female 3rd place

【Produce】

● 2022

○February: Vitamin Marathon

○September: Vitamin Marathon supported by PUMA

【TV】 [「DirectTalk」 in NHK WORLD TV](#), 「激レアさんを連れてきた。」 in Asahi TV

【RADIO】 [尾藤朋美のビタミンらじお](#)

【Magazine Feature】

○Tarzan, ○FITNESS WORLD, ○月間陸上, ○[NumberWeb](#), ○LDK the Beauty

